Meilleur Départ
Best Start Ottawa

2015

Ottawa West Nepean
Best Start Planning Table

DATA BOOKLET

PRC CRP
parentresource.ca

300 Goulburn Private
Ottawa, ON K1N 1C9
information@parentresource.ca
Office: 613.565.2467
Toll Free: 1.888.565.2466
Fax: 613.565.1144

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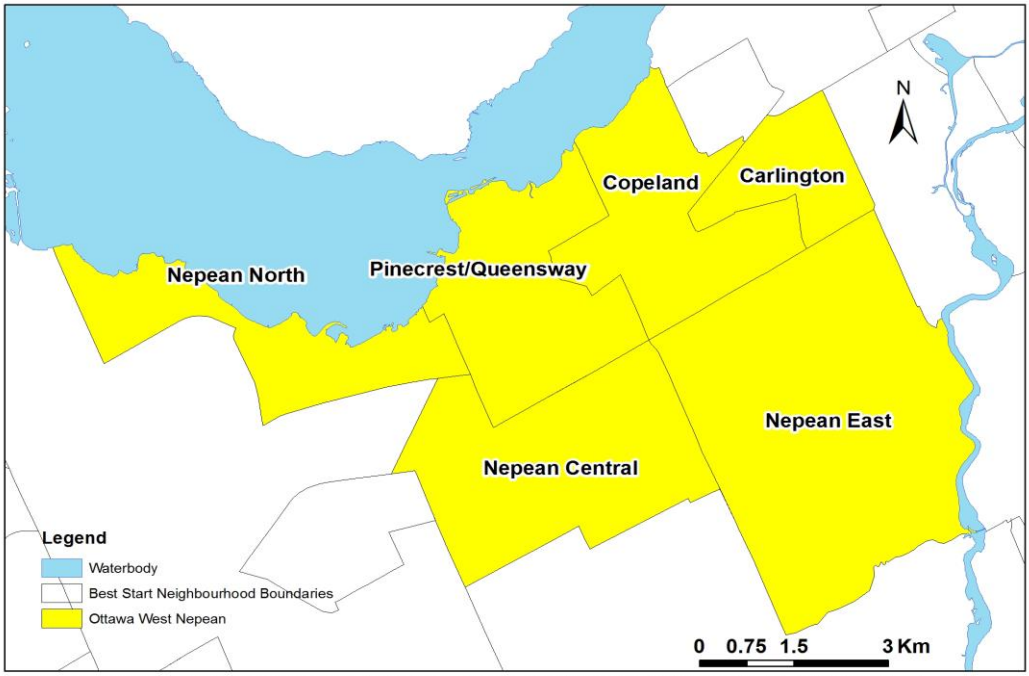
OTTAWA WEST NEPEAN

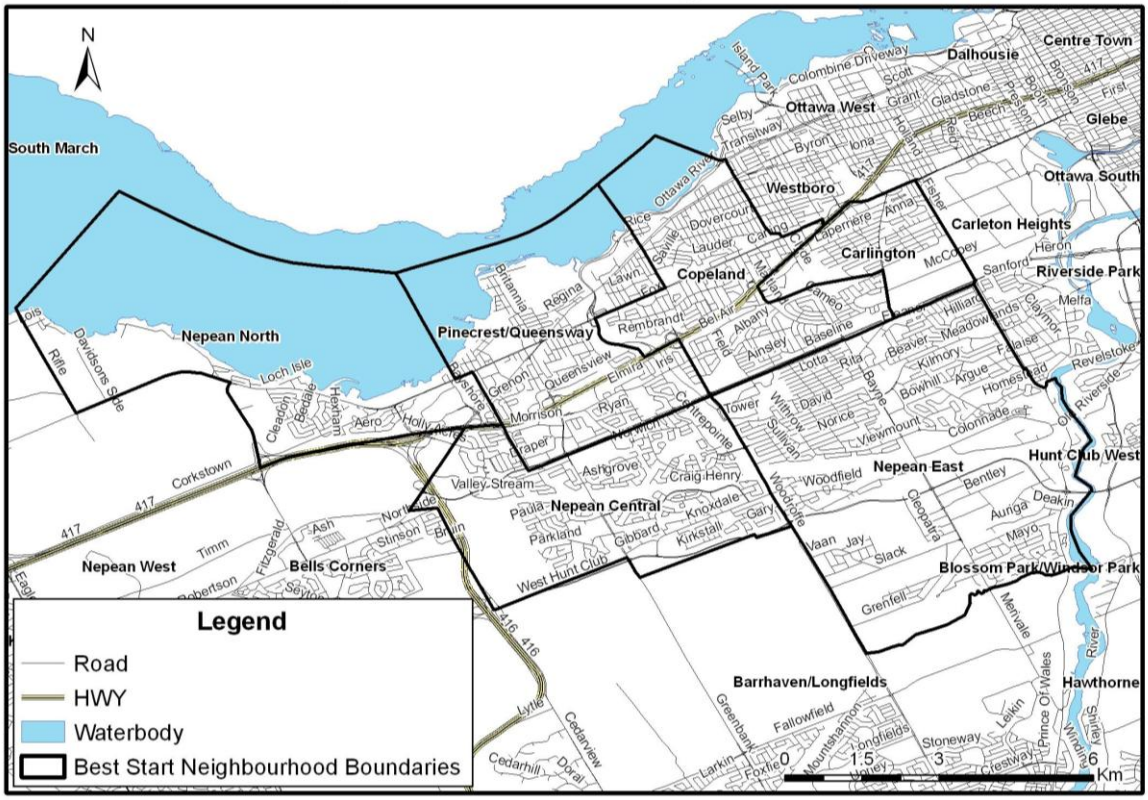
GEOGRAPHIC PROFILE

Map of *Ottawa West Nepean's* Best Start Neighbourhoods



Map prepated by the Program Effectiveness Data Analysis Coordinators, Parent Resource Centre, Ottawa, ON. (September 2012)

Road Map of *Ottawa West Nepean's* Best Start Boundaries



Map prepared by the Program Effectiveness Data Analysis Coordinators of Eastern Ontario, Parent Resource Centre, Ottawa, ON - July 2012

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OTTAWA WEST NEPEAN

POPULATION COUNTS & PROJECTIONS

2011 Canadian Census Variables

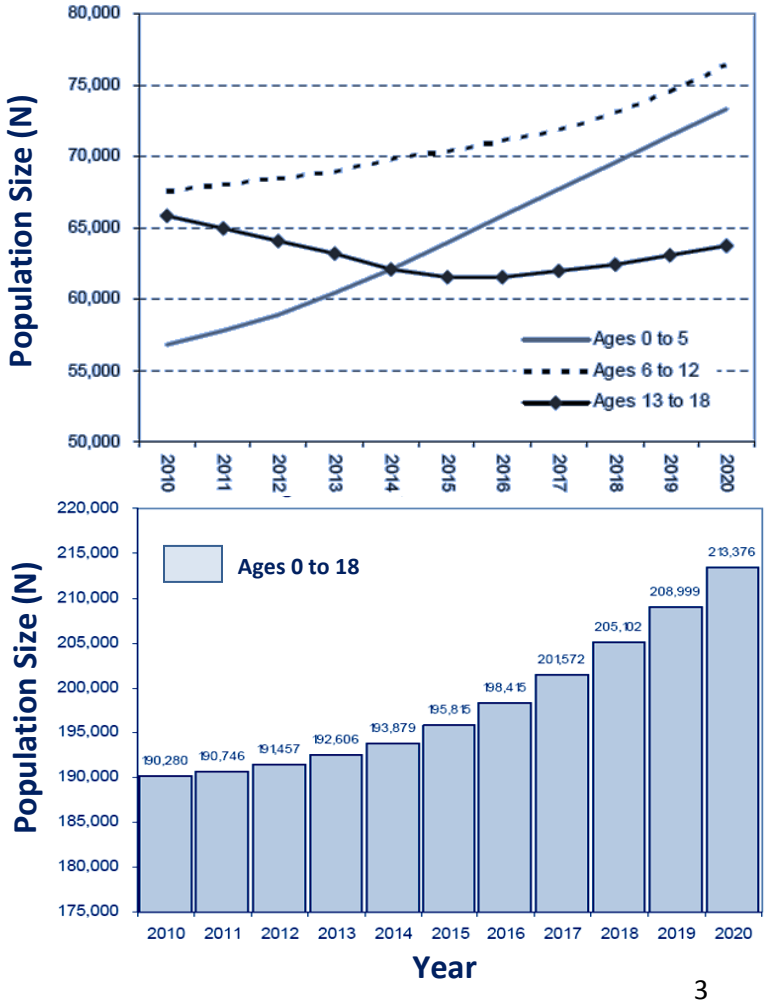
Population

	OTTAWA WEST NEPEAN	OTTAWA
Population in 2011	144,295	883,391
Population in 2006	142,539	812,129
2006 to 2011 population change (%)	1.2	8.8
Population density per square km in 2011	1829.1	316.6

2011 MCYS Population Projections for Ottawa

Population Size, Population Projections, and Growth Rate Estimates

Years of Age	Population 2010	Projection 2020	Annual Growth Rate
0 to 5	56,868	73,308	2.6%
6 to 12	67,580	76,326	1.2%
13 to 18	65,832	63,742	-0.3%
0 to 18 (Total)	190,280	213,376	1.2%



WHY ARE THESE VARIABLES IMPORTANT TO CHILD OUTCOMES?

Both historical changes in population size and population growth projections increase our understanding of how populations of children and youth will change over the next decade in Ottawa. These projections are based on current demographic trends in fertility, mortality, emigration, and immigration.

Population age counts provide an estimate of how many people, living within a particular geographic area, are in each age group. Age counts are one of the most commonly available and integral pieces of census information in the calculation of funding and federal transfers ($) to the provinces and territories. By looking at the age distribution within a population, we can start to identify the current and future needs of this population (e.g., more child care spaces). Collectively, population age counts and population growth projections can help us to adapt to the needs of the population as it changes over time.

Population density is a measure of how closely people live together in a geographical area. The higher the number, the more people live within the area.

IMPLICATIONS

The population of 0 to 5 year olds in Ottawa is expected to experience the greatest increase in size over the next decade compared to all other populations of children and youth (0 to 18 years of age) in Ontario. Thus, Ottawa agencies working with 0 to 5 year olds and their families may experience substantial increases in demand for programs and resources. Due to the fast rate of growth for this population of children, agencies may have difficulties keeping up with the increasing demands of their communities.

Demands may also increase for services tailored to 6 to 12 year olds and their families. Although the rate of growth for this population is considerably less than that of the 0 to 5 year olds, it is important that agencies are able to meet the demands of this growing population in Ottawa.

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2011 Canadian Census Variables

Population by Age Group

Best Start Neighbourhood	Population 0 to 6 Years		Population 7 to 12 Years		Total Population
	Count (#)	Percentage (%)	Count (#)	Percentage (%)	
Carlington	955	8.0	725	6.1	11,885
Copeland	1,795	6.6	1,490	5.5	27,265
Nepean Central	1,775	6.4	1,765	6.4	27,760
Nepean East	1,915	5.8	1,715	5.2	33,000
Nepean North	1,110	9.6	855	7.4	11,565
Pinecrest/ Queensway	2,300	7.0	1,780	5.4	32,820
O.W.N. (Total)	**9,850**	**6.8**	**8,330**	**5.8**	**144,295**
Ottawa	**68,440**	**6.7**	**59,135**	**6.7**	**882,355**

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OTTAWA WEST NEPEAN

EARLY HEALTH RISKS PROFILE

2005-2011 BORN Variables

Births and Early Health Risks from 2005 to 2011

Best Start Neighbourhood	Number of Births	Teen Births (%)	Preterm Births (< 37 weeks) (%)	No Breastfeeding at Discharge (%)	Low Birth Weight (<2500 g) (%)	Maternal Smoking (%)	No Antenatal Visit during 1st Trimester (%)
Carlington	1,059	6.1	8.5	11.8	6.5	14.6	8.0
Copeland	1,690	1.7	7.8	5.4	5.1	5.0	5.5
Nepean Central	1,755	2.6	8.9	6.2	5.8	5.2	5.2
Nepean East	1,917	2.0	8.5	6.0	5.7	5.8	5.6
Nepean North	1,247	1.4	8.6	5.6	6.7	3.9	6.0
Pinecrest/ Queensway	2,577	4.0	9.7	8.8	6.8	10.5	6.4
O.W.N. (Total)	**10,245**	**2.9**	**8.7**	**0.4**	**6.1**	**7.4**	**6.0**
Ottawa	**63,472**	**2.4**	**9.7**	**8.1**	**7.0**	**6.5**	**6.3**

Births and Early Health Risks in 2011

Best Start Neighbourhood	Number of Births	Teen Births (%)	Preterm Births (< 37 weeks) (%)	No Breastfeeding at Discharge (%)	Low Birth Weight (<2500 g) (%)	Maternal Smoking (%)	No Antenatal Visit during 1st Trimester (%)
Carlington	166	4.8	7.8	10.8	6.6	15.7	6.6
Copeland	227	≤ 2.2	5.7	5.3	6.2	7.9	4.8
Nepean Central	258	2.7	8.5	7.4	6.2	10.9	3.9
Nepean East	308	2.3	8.8	7.1	6.8	7.8	5.5
Nepean North	163	≤ 3.1	11.7	6.7	8.0	≤ 3.1	4.9
Pinecrest/ Queensway	397	2.8	9.1	10.8	6.5	15.6	4.0
O.W.N. (Total)	**1,519**	**≤2.6**	**8.6**	**8.2**	**6.6**	**≤10.7**	**4.8**
Ottawa	**9,399**	**1.9**	**8.5**	**7.8**	**6.6**	**6.5**	**6.0**

***Cells containing data for less than 6 people are suppressed.**

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WHY ARE THESE VARIABLES IMPORTANT TO CHILD OUTCOMES?

Why is Birth Weight Important?

- Babies born with low birth weight (LBW) (2500 g or less) are more likely to have health problems and slower development.
- LBW is the primary cause of death in the first year of life.
- Babies who are born with LBW and/or preterm have a greater risk of learning difficulties, vision difficulties, chronic respiratory problems, and cerebral palsy.
- LBW is a predictor of later health problems and disability for the baby.
- Mothers of LBW babies have a greater chance of having post-partum depression.
- Parents of LBW babies report difficulties in their marital relationship.

Why is Preterm Birth Data Important?

- Preterm birth accounts for 70% of all low birth weight babies.
- Preterm babies have a higher risk of death in the first few weeks of life.
- Many preterm babies experience Respiratory Distress Syndrome due to lung immaturity.
- Preterm babies are more likely to experience a brain bleed which has been associated with long-term intellectual, emotional and physical disabilities.
- Preterm babies' immune systems are not well developed and as such are at a higher risk of infection.
- Preterm babies have a higher risk of Sudden Infant Death Syndrome.
- Depending on the age and maturity of the baby, preterm babies may experience health problems throughout their lives.

Why is Breastfeeding Important?

- Breastfeed babies have a reduced risk of developing acute middle ear infections, non-specific gastroenteritis, severe lower respiratory tract infections, atopic dermatitis, asthma (young children), obesity, type 1 and 2 diabetes, childhood leukemia, sudden infant death syndrome (SIDS), and necrotizing enterocolitis.
- For maternal outcomes, a history of lactation is associated with a reduced risk of type 2 diabetes, breast cancer, and ovarian cancer.
- Early cessation of breastfeeding or not breastfeeding is associated with an increased risk of maternal postpartum depression.

Why is Total Births Important?

- Identifying neighbourhoods where newborns are living is useful for program planning, development & delivery purposes.

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OTTAWA WEST NEPEAN

FAMILY & MARITAL STATUS

2011 Canadian Census Variables

Census Family Structure

OTTAWA WEST NEPEAN	
% of common-law couple families	13.2
% of married couple families	67.7
% of lone-parents families	19.2

OTTAWA	
% of common-law couple families	13.1
% of married couple families	70.9
% of lone-parents families	16.1

WHY ARE THESE VARIABLES IMPORTANT TO CHILD OUTCOMES?

Research indicates that cohabitating relationships are less stable than marriages and thus children are more likely to experience a breakdown in the cohabitating relationship (e.g., Schmeer, 2011; Dunifron et al., 2003; Artis, 2007).

Family Count and Structure

Best Start Neighbourhood	Total Number of Families (#)	Families with Children < 15 Years		
		Total (#)	Total (%)	Lone-Parents (%)
Carlington	2,805	1,925	68.6	36.9
Copeland	7,080	3,780	53.4	12.6
Nepean Central	7,895	4,250	53.8	18.2
Nepean East	9,085	4,250	46.8	19.3
Nepean North	3,155	2,205	69.9	18.8
Pinecrest/ Queensway	8,420	4,635	55.0	36.1
O.W.N. (Total)	**38,440**	**21,045**	**54.7**	**23.1**
Ottawa	**239,320**	**147,705**	**61.7**	**17.7**

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OTTAWA WEST NEPEAN

EMPLOYMENT & INCOME STATUS

WHY ARE THESE VARIABLES IMPORTANT TO CHILD OUTCOMES?

Economic status is one of the largest external influences on a child's development. Parental income both directly and indirectly influences their children's quality of life. Financial resources can limit access to nutritional food, quality child care, quality housing, and recreational opportunities outside of it. A lack of financial resources forces parent(s) to work more, and spend less time with their child.

IMPLICATIONS

Parental age, education and income are stronger determinants of developmental differences in children than marial status. However, children living in lone-parent families are more likely to live in low-income situations (e.g., Duncan et al., 1994)

2012 CANSIM Variables

Labour Force Characteristics (Aged >15 years)

	OTTAWA
Population in the Labour Force	574,800
Unemployment rate	6.2
Employment Rate	68.3
Participation Rate	72.8

2009 SAAD Variables

Low Income Families with Children

Best Start Neighbourhood	All Families with Children (0-17 years)		Couple Families with Children (0-17 years)		Lone Parent Families with Children (0-17 years)	
	Estimated Count*	Approx. % Low Income	Estimated Count*	Approx. % Low Income	Estimated Count*	Approx. % Low Income
Carlington	1,690	36	940	27	760	49
Copeland	3,870	9	2,960	6	900	20
Nepean Central	4,750	9	3,690	5	1,060	22
Nepean East	5,120	13	3,730	9	1,370	23
Nepean North	1,940	27	1,430	24	500	38
Pinecrest/ Queensway	4,680	26	2,780	15	1,890	41
O.W.N. (Total)	**22,050**	**17**	**15,530**	**11**	**6,480**	**32**
Ottawa	**142,920**	**12**	**108,940**	**7**	**33,710**	**30**

** All counts are rounded up by a unit of 10*

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OTTAWA WEST NEPEAN

HOUSEHOLD & DWELLING CHARACTERISTICS

2011 Canadian Census Variables

Housing

	OTTAWA
Average number of persons per private household	2.5
Average number of persons per census family	2.9
Average number of children at home per census family	1.1

Housing Type for Families with Children (<15 Years)

Best Start Neighbourhood	Total Dwellings (#)	Single-detached house (%)	Semi-detached house (%)	Row house (%)	Apartment, duplex or building that has fewer than five storeys (%)	Apartment, building that has five or more storeys (%)	Other single-attached house (%)	Movable dwelling (%)
Carlington	1,935	18.3	13.7	38.5	13.4	16.3	0	0
Copeland	3,780	71.8	8.3	7.8	4.5	7.4	0	0
Nepean Central	4,265	53.3	6.1	37.5	1.9	1.3	0	0
Nepean East	4,275	55.3	8.3	20.4	6.1	9.6	0	0
Nepean North	2,225	23.6	0.7	46.5	1.3	27.9	0	0
Pinecrest/ Queensway	4,645	25.3	10.3	31.2	15.2	17.7	0	0.6
O.W.N. (Total)	**21,125**	**44.5**	**8.0**	**28.4**	**7.1**	**11.9**	**0.0**	**0.1**
Ottawa	**148,215**	**57.1**	**5.9**	**26.4**	**5.0**	**5.5**	**0.1**	**0.1**

Number of Children (<25 years) at Home in a Census Family

Best Start Neighbourhoods	Total Number of Families (#)	Families With Children (%)	Families with One Child (%)	Families with Two Children (%)	Families with Three or More Children (%)	Children at Home in Census families (#)	Average Number of Children at Home in a Census Family
Carlington	2,805	54	43.9	31	24.4	3,005	1.1
Copeland	7,080	47.8	38.8	44.3	16.2	6,160	0.9
Nepean Central	7,895	52.4	36.6	45.7	17.8	7,755	1.0
Nepean East	9,085	45.9	39.6	41.6	18.9	7,790	0.9
Nepean North	3,155	53.1	40	36.1	23.9	3,345	1.1
Pinecrest/ Queensway	8,420	47.4	44.9	35.6	19.9	7,460	0.9
O.W.N. (Total)	**38,440**	**49.1**	**40.3**	**40.4**	**19.3**	**35,515**	**0.9**
Ottawa	**239,320**	**61.8**	**26.7**	**24.8**	**10.4**	**265,835**	**1.1**

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OTTAWA WEST NEPEAN

LANGUAGE PROFILE

2011 Canadian Census Variables

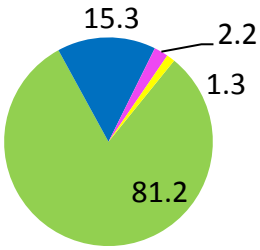
First Official Language Spoken & Languages Most Often Spoken at Home (Other than French or English)

LEGEND

First Official Language:

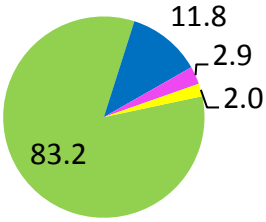
- English
- French
- English AND French
- Neither English NOR French

Ottawa



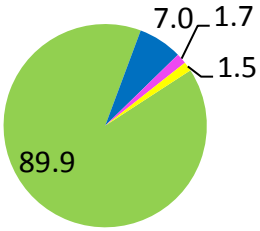
Other Languages Most Often Spoken at Home
1) Arabic
2) Chinese n.o.s
3) Spanish
4) Mandarin

Carlington



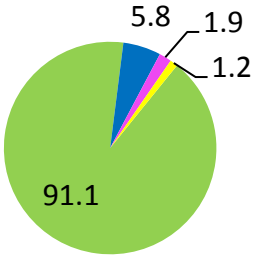
Other Languages Most Often Spoken at Home
1) Arabic
2) Spanish
3) Vietnamese
4) Somali

Copeland



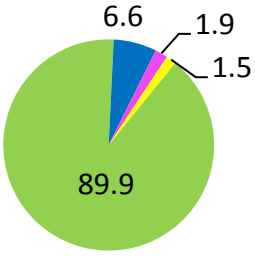
Other Languages Most Often Spoken at Home
1) Chinese n.o.s.
2) Arabic
3) Russian
4) Cantonese

Nepean Central



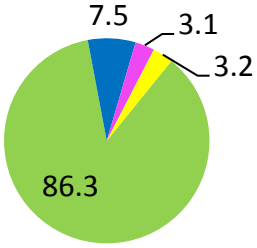
Other Languages Most Often Spoken at Home
1) Chinese n.o.s
2) Russian
3) Mandarin
4) Cantonese

Nepean East



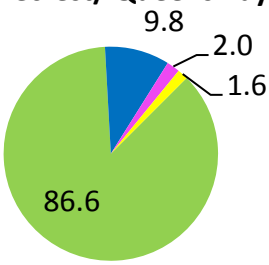
Other Languages Most Often Spoken at Home
1) Arabic
2) Italian
3) Chinese n.o.s.
4) Spanish

Nepean North



Other Languages Most Often Spoken at Home
1) Arabic
2) Persian (Farsi)
3) Urdu
4) Tagalog

Pinecrest/ Queensway



Other Languages Most Often Spoken at Home
1) Arabic
2) Somali
3) Chinese n.o.s.
4) Vietnamese

WHY ARE THESE VARIABLES IMPORTANT?

Being able to communicate in at least one of Canada's official languages can influence an individual's ability to work, obtain services, and connect with their community. Reflecting this, minority-language children are at greater risk of academic difficulty – especially those with poor first-language abilities, or coming from a disadvantaged socio-economic background (Genesee et al., 2008).

In addition, *bilinguals* may identify with one language more strongly, either because it was the first one they learned (i.e., mother tongue) or it is the one they currently speak at home. The "first official language spoken" captures an individual's ability to speak English or French and, if so, whether they have a preferred language for communicating. Thus, this variable reflects a linguistic/cultural need for service.

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OTTAWA WEST NEPEAN

EARLY DEVELOPMENT INSTRUMENT RESULTS

2005-2012 Early Development Instrument (EDI) Results

The EDI is a population-based measurement tool that is used as an indicator of senior kindergarten (SK) students' developmental health at school entry. SK teachers complete a survey in the spring, after getting to know their students for at least three months. The survey comprises 104 questions that measure SK students' growth along the developmental continuum in five domains (see right).

Based on their survey scores, children are grouped into four developmental health categories (see below). In this booklet, we report the percentage of children categorized as "vulnerable" in each EDI domain, "not ready" in each EDI sub-domain, and, as an overall measure of vulnerability, one or more EDI domains.

Three EDI cycles have been completed in SK classes across Ottawa. In all three cycles, Ottawa's four publicly funded school boards participated. The most recent cycle was the third implementation of the EDI which occurred in 2010-12.

Developmental Health Categories

[ON TRACK, 75%] [NOT ON TRACK , 25%]

On Track, Top	On Track, Middle	At Risk	Vulnerable
Top 25% of SK students in Ontario	Below the top 25% and above the bottom 25% of SK students in Ontario	Below the top 75% and above the bottom 10% of SK students in Ontario	Bottom 10% of SK students in Ontario

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OTTAWA WEST NEPEAN

EARLY DEVELOPMENT INSTRUMENT RESULTS

% Children Vulnerable in Each EDI Domain

EDI Domain	EDI Cycle	Ontario Baseline	Ottawa	Carlington	Copeland	Nepean Central	Nepean East	Nepean North	Pinecrest/ Queensway
Physical Health and Well-Being	C1	10*	10.9	30.9	5.8	9.9	12.1	9.8	15
	C2		10.3	14.4	10.9	11.6	9.9	6.2	11.2
	C3		12.3	25.3	16.7	14.7	23.1	21.2	17.6
	Change Over Time		*Sig. ↑*	*Sig. -*	*Sig. ↑*	*n.s.*	*Sig. ↑*	*Sig. ↑*	*n.s.*
Emotional Maturity	C1	10*	9.4	9.4	5.2	9.5	7.1	9	9.4
	C2		10.6	11.3	7.7	10.7	10.8	6.2	6.2
	C3		10.3	7.8	11.9	16.4	17.4	15.8	10.4
	Change Over Time		*Sig. ↑*	*n.s.*	*Sig. ↑*	*n.s.*	*Sig. ↑*	*Sig. ↑*	*n.s.*
Social Competence	C1	10*	8.1	11.7	5.2	7	11.3	7.4	13
	C2		6.8	5.2	4.6	7.4	7.2	6.2	5.6
	C3		8.3	9.9	7.7	13.6	14.9	11.6	9
	Change Over Time		Sig. -	*n.s.*	*n.s.*	*n.s.*	*Sig. ↑*	*n.s.*	*n.s.*
Language and Cognitive Development	C1	10*	8.7	19.8	5.8	10.3	10.8	9	15.8
	C2		8.1	13.5	2.9	10.3	8.1	11	14.6
	C3		6.9	16.5	4.1	7.4	9	9.6	9
	Change Over Time		*Sig. ↓*	*n.s.*	*n.s.*	*n.s.*	*n.s.*	*n.s.*	*n.s.*
Communication Skills and General Knowledge	C1	10*	12.1	25.2	8.4	9.9	16.7	27	15.4
	C2		10.4	13.4	11.4	13	5.8	21.2	9.2
	C3		10.3	16.5	12.7	13	16.2	16.4	11.2
	Change Over Time		*Sig. ↓*	*n.s.*	*n.s.*	*n.s.*	*Sig. -*	*Sig. ↓*	*n.s.*

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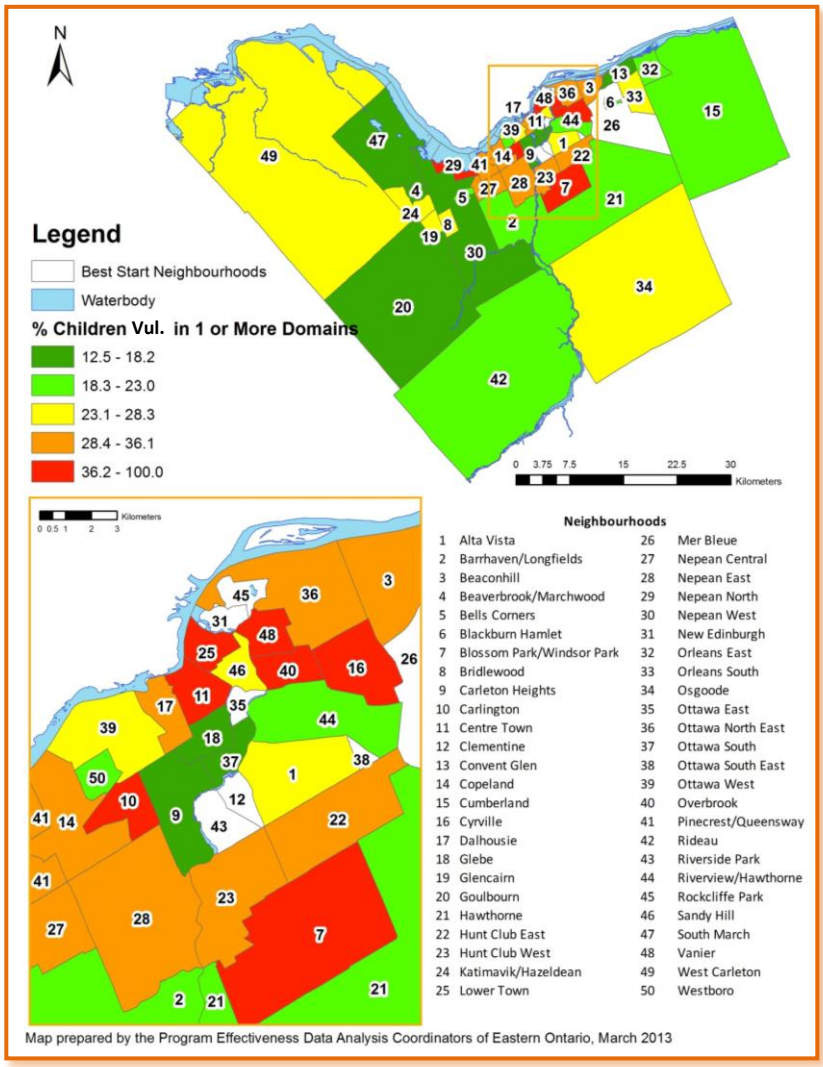
EARLY DEVELOPMENT INSTRUMENT RESULTS

2005-2012 Early Development Instrument (EDI) Results

% Children Vulnerable on One or More (1+) Domains

Geographic Region	Cycle 1	Cycle 2	Cycle 3	Change over Time
Ontario Baseline		28.0*		
Ottawa	25.7	25	25.6	*n.s.*
Carlington	48.6	29.9	38.5	*Sig. --*
Copeland	13.5	24.6	29.4	*Sig.↑*
Nepean Central	27.2	27	33.3	*n.s.*
Nepean East	28.3	23.3	36	*Sig. --*
Nepean North	35.2	29.5	36.3	*n.s.*
Pinecrest/ Queensway	33.2	27.6	28.5	*n.s.*

% Children Vulnerable on One or More (1+) Domains in Cycle 3



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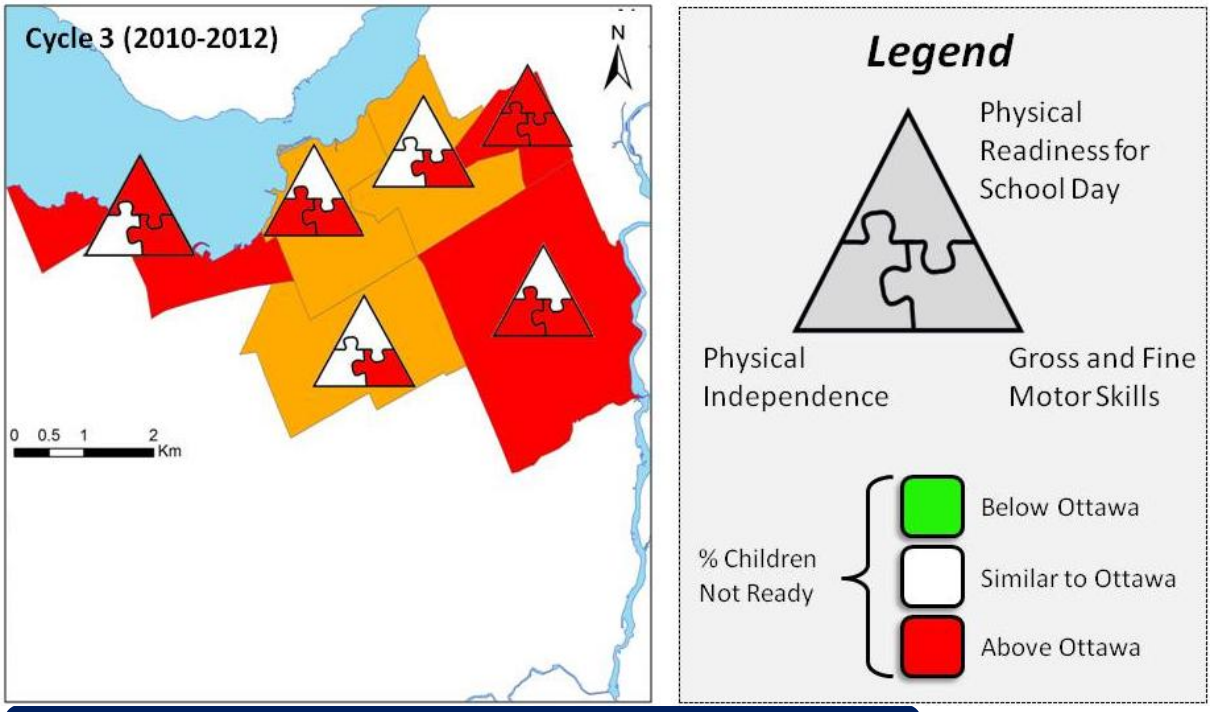
OTTAWA WEST NEPEAN

EARLY DEVELOPMENT INSTRUMENT RESULTS

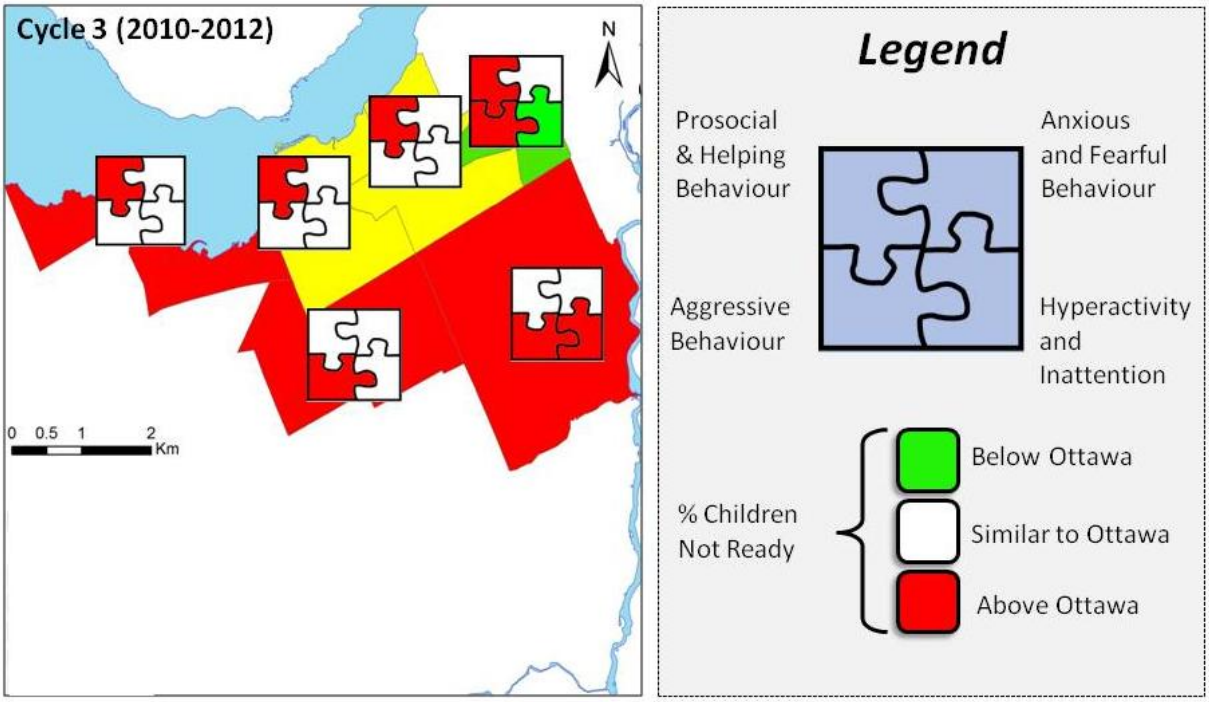
2010-2012 (Cycle 3) Early Development Instrument (EDI) Results

% Children Not Ready in Each EDI Sub-Domain in Cycle 3

PHYSICAL HEALTH AND WELL-BEING SUB-DOMAINS



EMOTIONAL MATURITY SUB-DOMAINS



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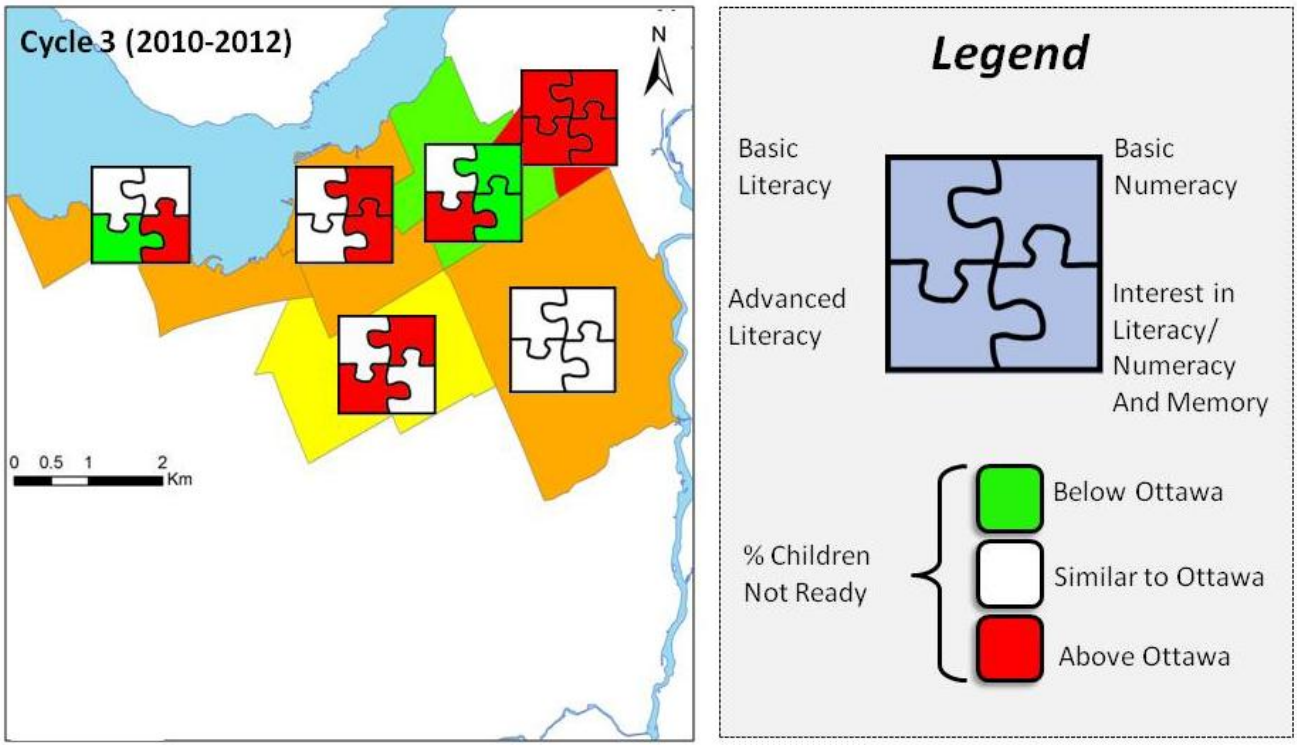
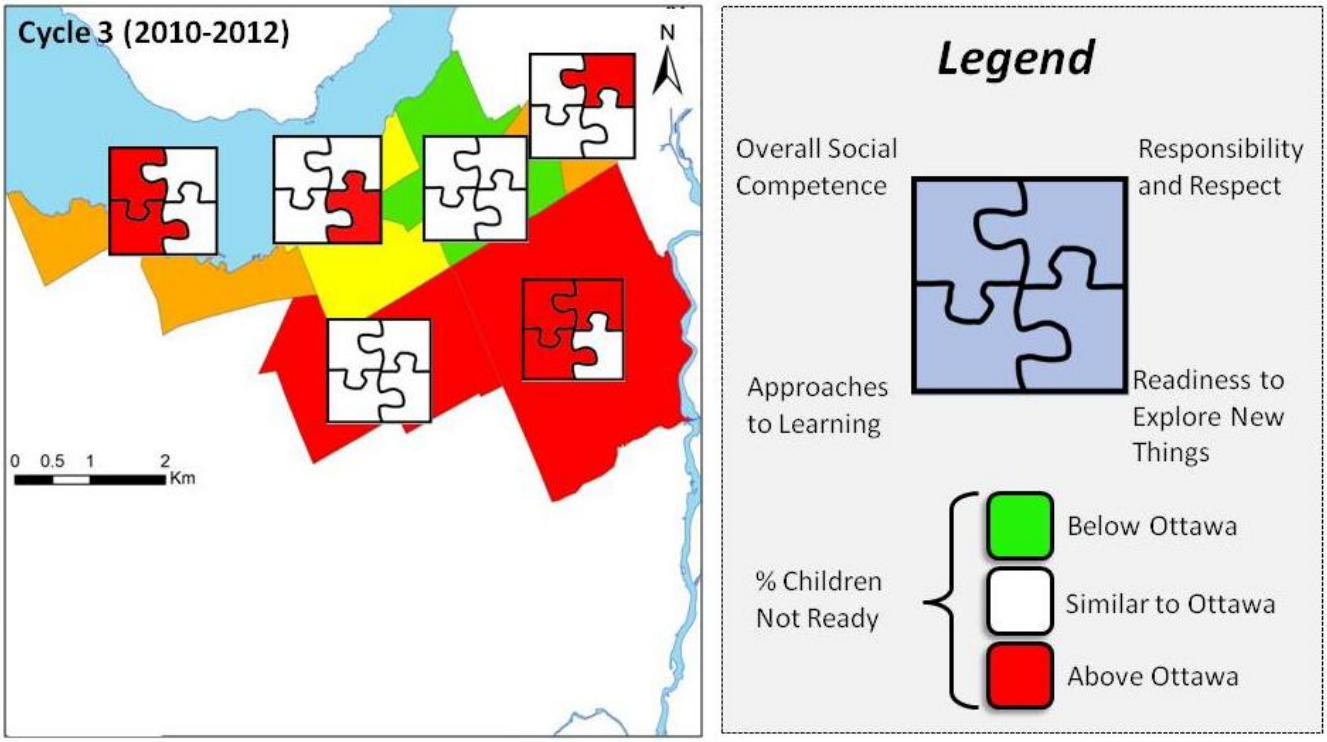
OTTAWA WEST NEPEAN

EARLY DEVELOPMENT INSTRUMENT RESULTS

LANGUAGE AND COGNITIVE DEVELOPMENT SUB-DOMAINS



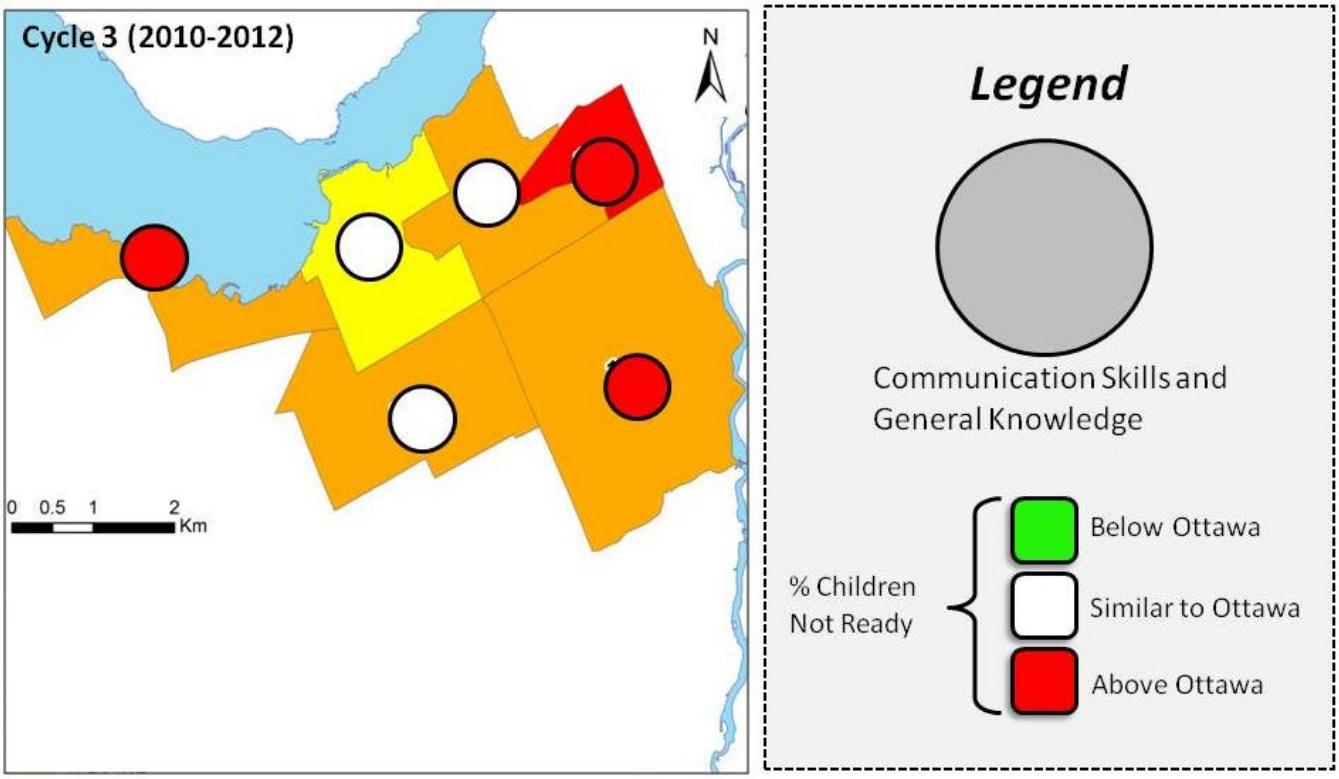
SOCIAL COMPETENCE SUB-DOMAINS



OTTAWA WEST NEPEAN

EARLY DEVELOPMENT INSTRUMENT RESULTS

COMMUNICATION SKILLS AND GENERAL KNOWLEDGE SUB-DOMAIN



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